

Lifetime Sports  
PED 142.10  
TTH 3:30-4:20pm  
at Pinebridge Center  
Spring Semester 2007



- A. **Course Description:** This course is designed to give an overview of a variety of sports activities. Emphasis is placed on the skills and rules necessary to participate in a variety of sports. Upon completion, students should be able to demonstrate an awareness of the importance of participating in lifetime sports activities. *This course has been approved to satisfy the Comprehensive Articulation Agreement pre-major and/or elective course requirement.*

**Specialization:** This course includes weight training, AB work, and stretching.

Prerequisites: Physician's permission to exercise

Contact Hours: 2 semester hours

Corequisites: None

Credit Hours: 1 semester hour

- B. **Instructor:**

Lisa Carson, Certified Instructor  
Pinebridge Center  
828-765-7463  
[pcice@main.nc.us](mailto:pcice@main.nc.us)

- C. **Lessons:** Lifetime Sports has 32 contact hours, or 32 sessions on TTHs.
- Classes will be on Tuesday and Thursday afternoons at Pinebridge Center in Spruce Pine, North Carolina
  - If you miss a class and have a documented excuse, the instructor will give a make-up assignment.
  - Class attendance and level of participation will determine grade.
  - There will not be a written final exam.
  - Total contact hours for the course are 32.
  - If inclement weather causes the cancellation of classes at Mayland Community College, this class will be conducted at Pinebridge on its regular schedule. You may use a "snow day" to make up a missed class. Remember, however, safety comes first. Use your best judgment about driving to Pinebridge Center when the weather is inclement.

- D. **Required Text**

None

E. **Instructional Materials:** The student will provide workout clothes, aerobic shoes, and water bottle. Pinebridge Center will provide hand weights, towels, mats, and other equipment needed for course.

F. **Attendance Policy:** Attendance and participation are essential for success in Lifetime Sports—as in any physical education course. With such conscientious attendance and participation, you will see physical and emotional benefits from this course. Any student who misses more 8 of the 32 sessions required for full credit, will receive an “F” for the course. (See the Grading Scale in Section H.)

**G. Dates for Withdrawal:**

Feb. 13	Last day for unconditional withdrawal
Mar. 27	Last day for conditional withdrawal
Mar. 28-end of semester	No drops except for documented medical emergencies

The official drop date will be the date that you take the form to the registrar’s office.

**H. Grading Scale and Student Evaluation:**

A = 90-100% attendance and participation	attending 29-32 sessions
B = 80-89% attendance and participation	attending 26-28 sessions
C = 70-79% attendance and participation	attending 22-25 sessions
D = 60-69% attendance and participation	attending 19-21 sessions

Note that a “D” will not transfer.

F = missing 8 or more sessions.

**I. ADA Statement:** Any student requesting special accommodations for this course due to a disability should apply for services through the SOAR Office or the Counseling Center, which will document the disability. A counselor will then help determine which accommodations, if any, the student needs for success in this course.

**J. SPECIAL ACCOMMODATIONS:** Any student requesting special accommodations for this course due to a disability should apply for services through the SOAR Office or the Counseling Center, which will document the disability. A counselor will then help determine, which accommodations, if any, the student needs for success in this class.

**K. Course Outline:**

***MISSION STATEMENT AND LEARNING OUTCOMES***

Mayland Community College's General Education core courses will provide the essential body of knowledge and skills that enable all degree-level students to perform competently as employees and as contributing members of society.

Graduates of all degree programs at Mayland Community College will have completed the general education core. That core encompasses the essential knowledge and skills that enable all degree-level students to perform competently as employees and as contributing members of society. Upon completion of the general education core, students will be able to demonstrate the following:

1. Effective communication in speaking and listening situations needed for college, personal, and work successes
2. Effective communication in writing and reading situations needed for college, personal, and work successes
3. Logical, critical, and creative thinking to evaluate evidence and reach a conclusion
4. Application of basic computer use skills
5. Application of fundamental math skills
6. Basic awareness of the diversity of various world groups from both historical and contemporary contexts

**First Lesson:** Understanding the fundamentals of lifetime sports and need for a variety of sports activities

**Second-Final Lessons:** Understanding how to monitor workout for benefit and safety and how to build strength and flexibility in all major muscle groups

Mayland Community College and Pinebridge Center  
Spring Semester 2007